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Jackson memorial expected to draw millions of viewers

SERVICE Tens of millions of people around the world are expected to tune in to watch today's Michael Jackson memorial at the Staples Center in Los Angeles, according to the most recent media predictions. Many of the major TV networks including CTV, CBC, CNN and E! Entertainment are expected to broadcast the event, which takes place at 1 p.m. EDT.

The public memorial will feature performances by Mariah Carey, Usher, Stevie Wonder and other well-known stars, states a release on behalf of the Jackson family. Given the feverish interest in all things Jackson, the Los Angeles memorial could be one of the most-viewed events of all time.

Metro Canada will feature live updates of the service today at metronews.ca, and comprehensive coverage in tomorrow's issue.

METRO NEWS SERVICES MORE COVERAGE, PG 12

TRACEY TONG/METRO OTTAWA

Japan's Emperor Akihito and Empress Michiko wave to crowds at Carleton University yesterday. Their visit to Canada, which celebrates the 80th anniversary of the first Canadian diplomatic mission in Japan, marks the first-ever Japanese Imperial visit in Canadian history.

80 years of history

Imperial visit marks relationship between Japan and Canada

TRACEY TONG
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Marking the 80th anniversary of diplomatic ties between Canada and Japan, the Emperor and Empress of Japan continued their two-week tour of Canada in Ottawa yesterday with a visit to the Governor General's residence and to Carleton University.

The visit by Emperor Akihito and Empress Michiko is the first-ever Japanese Imperial visit in Canadian history, said Jacob Kovalio, professor of Japanese and Asian studies at Carleton. The Emperor was here in 1953, as a 19-year-old crown prince, he said.

While Kovalio said the relationship between Canada and Japan is already a good one, the visit contributes to that relationship economically, culturally and socially.

"It improves on what exists," said Kovalio, who has authored books on Japan. "The visit marks and celebrates the past and acts as a springboard, or a facilitator for an even closer and more dynamic relationship."

The royal couple, who met Gov. Gen. Michaëlle Jean at her residence in the morning, spent several hours meeting with faculty and students at Carleton University yesterday.

"They are taking quite a great deal of time — almost two weeks across Canada, said Thomas Garvey, director of the school of industrial design at Carleton whose area of research is Japanese design and architecture.

"We have students here who are studying Japanese and foreign affairs and it's amazing how much time they took to speak to individual students.

"They've been very generous with their time."

Garvey, who spoke with the Emperor for a few minutes in Japanese, said there are "a lot of lessons to be learned from Japanese architecture and culture and design."

Students also got to speak with the royal couple. Yahor Kazlou, a fourth-year finance major at Carleton with a minor in Japanese language, felt "really honoured to be chosen.

"This is a once-in-a-lifetime event," said the 22-year-old.

International affairs masters student Lisa Mallin agreed.

"I had a hard time sleeping last night," she said. "I was very excited."

Imperial visit's special celebration

- The Emperor and Empress' tour of Canada marks not only the 80th anniversary of the first Canadian diplomatic mission in Japan, but the royal couple's 50th wedding anniversary.

METRO OTTAWA

Sens sign three-time NHL All-Star Kovalev

TRACEY TONG
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HOCKEY The Ottawa Senators have signed 16-year veteran right winger and Stanley Cup champion Alexei Kovalev to a two-year contract, Sens general manager Bryan Murray said yesterday.

This is 36-year-old Kovalev's fourth team since he began his career with the New York Rangers — where he was the 15th overall pick — in the 1991 NHL Entry Draft. He played for the Pittsburgh Penguins before being traded to the Montreal Canadiens, where he spent the last six seasons. In 78 games during the 2008-09 season, he led the team in goals (26) and points (65), while adding 74 penalty minutes.

Alexei Kovalev

In 1,151 career games, he has scored 394 goals and 547 assists for 941 points, while adding 1,200 penalty minutes. Kovalev scored 44 goals and 54 assists in 116 career playoff games.

A three-time NHL All-Star (2001, 2003 and 2009), Kovalev — who is Russian-born — represented his country internationally eight times during his career, winning gold medals at the 1992 Winter Olympics and 1992 world junior championship, and bronze at the 2002 Winter Olympics.

SunnySide

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada. This is also a Call to Action for you to send us your suggestions at ottawaletters @metronews.ca, metronews.ca or on Twitter @metroottawa.

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- **Calling on all Ottawans — share your SunnySide thoughts on what makes Ottawa tick, people, places, events and architecture, on Twitter using #sunnyside**
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Cops nab pair in chase that went into the Experimental Farm
Ottawa police arrested two people after a pursuit in the Shillington area that took them into a field at the Experimental Farm Sunday afternoon. There were no injuries. METRO OTTAWA

Local

Car chase results in 13 charges

Ottawa police charged a Kemptville man with 13 offences following a pursuit Friday. Police said yesterday they had approached a suspicious person and vehicle in the area of Walkley and Conroy roads at around 3:30 a.m. The suspect drove off while an officer was trying to get him out of his vehicle. A police officer was dragged a short distance and suffered minor injuries to his leg. A suspect turned himself in Saturday. Stefan Skowronnek, 32, remains in police custody. METRO OTTAWA

O'Brien defence calls no witnesses

TIM WIECLAWSKI
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Closing arguments in Mayor Larry O'Brien's influence peddling trial are expected to wrap up today, after the defence chose not to call on any witnesses in support of their case.

In his closing arguments, Crown prosecutor Scott Hutchison insisted that there was a "mountain of circumstantial evidence" supporting the testimony of his primary witness Terry Kilrea.

O'Brien is facing two criminal charges stemming from allegations that he attempted to get Kilrea an appointment to the National Parole Board in exchange for Kilrea dropping out of the 2006 mayoral campaign.

TIM WIECLAWSKI/METRO OTTAWA

Mayor Larry O'Brien, seen entering the courthouse yesterday morning with his wife, Colleen McBride, will not be taking the stand to testify in his trial on charges of influence peddling.

Hutchison insisted that email exchanges and phone conversations between Kilrea, O'Brien and Ottawa West-Nepean MP John Baird could only make sense according to Kilrea's version of events.

If O'Brien's version of the narrative were true and the parole board appointment was a dead issue mere hours after their July 12 meeting, then his emails and conversations with Kilrea after that date make no sense, Hutchison said.

Kilrea's story, Hutchison insists, is reinforced by testimony from Nepean Carleton MPP Lisa MacLeod and John Light, a former Kilrea supporter and executive assistant to MP Pierre Poilievre.

"He would have to be some kind of genius to sit down and make up this story and miraculously have it fit so perfectly to all these matters of objective truth," said Hutchison. "There are adjectives that come to mind when you think about Terry Kilrea, but Machiavellian schemer isn't one of them."

O'Brien's defence lawyer, Michael Edelson, is expected to complete his closing arguments today.

Edelson spent most of yesterday afternoon arguing that Kilrea is not a reliable and credible witness.

Edelson pointed to Kilrea dating his meetings and phone calls with O'Brien being a week earlier in his affidavit, compared to his testimony in court.

Most significantly for Edelson he said was how Kilrea recounted three different versions of how O'Brien allegedly offered to help get the appointment to the parole board, all of which had Kilrea bringing up the position first.

The trial resumes today at 9:30 a.m.

NCC kicks off its annual Sound and Light Show on Parliament Hill

TRACEY TONG
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ENTERTAINMENT It may be a place where the country's business is done, but during the summer, Parliament Hill is also a source of free entertainment for tourists and residents alike.

The National Capital Commission kicked off its annual Sound and Light Show last night.

At 9:30 p.m. and 10:30 p.m. through Aug. 9 and at 9 p.m. and 10 p.m. from Aug. 10 to Sept. 13, Parliament Hill serves as a backdrop for the popular multimedia production.

"On average since 2005, we've had about 245,000 people that attend per summer," said NCC spokeswoman Geneviève Brisson.

"The show includes lights and images projected onto the Parliament building and music and narration that tells the story of our country — about different achievements and about some of the people who have made an impact on our country," she said.

This will be the last summer for the current show, as the NCC will introduce a new one next year, she said.

While the show is a popular evening event, daytime events include guided tours of the Parliament buildings and the Changing of the Guard ceremony, which marks its 50th anniversary this year.

"We're letting people know what is offered to them if they want to stay in town," said Brisson. "This is a chance to discover what is going on in your town and to get to know it a bit better."

A passport to yoga relaxation

SunnySide

MJ DESCHAMPS
for Metro Ottawa

HEALTH As the economic times get tougher, and people start going into overtime at work to make ends meet, the de-stressing value of yoga continues to increase — but unfortunately, so does the price.

That's why YuMee Chung decided four years ago to start Passport to Prana in Toronto, where people could buy a pass for $30 and have access to yoga classes at studios all across the city for a year.

Now, in the wake of the success of the Toronto initiative, Chung is launching Passport to Prana in Ottawa.

"It's a strange thing to have a business thriving during this market," said Chung. "During this recession though, people need yoga more than ever to relax and unwind, and quite frankly, it's not cheap to take these classes in major metropolitan centres."

"During this recession ... people need yoga more than ever to relax and unwind."
YuMee Chung

The price of a yoga class usually ranges from $10-$20 a pop, but with the passport, enthusiasts can attend one class at each of the nine participating studios in Ottawa for the price of a $20 card, which is available online or at studios.

"Ottawa is such an up-and-coming yoga city, and I think this is a great opportunity to bring the yoga community together," said Chung.

"It's not about competition, it's about people being able to get a taste of all the different styles and techniques that yoga has to offer."

Chung, a former securities lawyer, first got involved with yoga in 1997 while she was working as an articling student in Toronto.

"I found that it did so much more than offer me physical fitness or stress relief — it totally changed my mindset."

Chung worked as a lawyer for six years, but gave up her power suit to become a yoga teacher.

Now, she teaches around the globe, and is working on expanding the number of studios participating in Ottawa, as well as extending the project to Vancouver and Calgary in the fall.

metronews.ca
What's online today.

Video Comrades gather at Kandahar Airfield to honour Canadian Cpl. Michaud, at **metronews.ca/canada**

Video Japanese emperor meets Gov. Gen. Michaëlle Jean during state visit, at **metronews.ca/canada**

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Manitoba reports 5th flu death
A fifth person in Manitoba has died from illnesses related to influenza A (H1N1), also known as swine flu, CBC News Online reports. METRO NEWS SERVICES

Canada

MP bucks secrecy trend

Posts her taxpayer-funded expenses online

Michelle Simson learned a simple lesson as assistant branch manager at a Scarborough bank: when handling other people's money, account for every penny spent.

Her grandfather had instilled a similar message of responsibility in her father, and her father passed it on to her.

So it was quite a surprise when Simson arrived in Ottawa last fall to find that this thinking would cast her as a renegade on Parliament Hill.

The Liberal MP for Scarborough Southwest joins a club of one this week when she becomes the first federal politician to post all of the expenses that she claimed for the 2008-09 fiscal year on her website.

There is about $95,000 to set up and run an office for five months, 75 per cent of what she was entitled to use; a negligible amount to wine and dine officials and constituents; and close to the maximum of about $25,000 that MPs are granted to rent and maintain a second home in Ottawa.

Disclosing the claims is the simplest of actions. It could easily have gone unnoticed in the sleepy summer months.

But in choosing to reveal how she spent taxpayers' money since the October federal election, she is bucking a trend of secrecy that crosses party lines.

TORSTAR NEWS SERVICE

Disclosure

- Of the 37 MPs contacted last month, only six agreed to divulge how they spent a portion of the funds. All were Liberals.

CFB Trenton **Bulger comes home**

FRED THORNHILL/REUTERS

Honour guard carry the casket of Cpl. Nick Bulger to a hearse at Canadian Forces Base Trenton in Ontario yesterday. Bulger was killed when an improvised explosive device detonated near an armoured vehicle in the Zhari District of Afghanistan July 3.

News in brief

REPORT The Harper government's claim that it can end its deficit-funding within five years cannot be believed, says parliamentary budget officer Kevin Page. In a new report, Page says the federal deficit in the next five years will reach $156 billion.

ECONOMIC RANKING Canada is still a "B" student when it comes to economics, says the Conference Board of Canada. The research organization released a report card yesterday on the economic performance of the world's 17 richest countries, noting Canada managed to maintain its overall "B" grade and 11th place ranking in 2008 despite the global economic crisis.

TORSTAR NEWS SERVICE

Sketch of suspect released after assault of 6-year-old

JEFF HODSON
Metro Canada

CRIME Mounties in Surrey, B.C. yesterday released a composite sketch of a man accused of sexually assaulting a young girl at knifepoint.

RCMP Sgt. Roger Morrow said the six-year-old girl "has been very strong throughout this whole ordeal."

The sketch is based on a description from the young victim's 12-year-old brother, who was threatened with a knife and told not to move while the man assaulted his sister.

Morrow cautioned, "It is not a definitive picture, but rather a tool that our investigators will be using."

None of three children there at the incident said they had seen the suspect prior to the assault, Morrow added.

Police said a man in his late 20s or early 30s approached the youths with a folding knife and forced them into a treed area Friday night. There he threatened two boys before taking the girl to a different area and sexually assaulting her.

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Women-only pharmacy set to open

What is believed to be North America's first women-only pharmacy is set to open today in Vancouver's Downtown Eastside, CBC News Online reports. Caryn Duncan, executive director of Vancouver Women's Health Collective, said a lot of women told her they do not go to pharmacies in the troubled neighbourhood. METRO NEWS SERVICES

Activist groups make G8 plea to Harper

Oxfam, Make Poverty History call on PM to make global hunger an issue at Italian summit

On the streets outside the Prime Minister's Office at noon, the media almost outnumbered about a dozen anti-poverty activists sounding the alarm on global hunger.

Prime Minister Stephen Harper, making ready to head to Italy's G8 summit today, never heard or saw them.

Jacques Beaulieu, a Privy Council Office security official, politely accepted the petition signed by 3,200 Canadians whose letter warned "the poor are bearing the brunt of the rising costs of food and fuel and the downturn in global economic activity."

Their call to G8 leaders to act would be passed on, the official said.

Yet groups like Oxfam and Making Poverty History whose voices were drowned out by Ottawa lunchtime traffic got a big boost from a voice the industrialized world leaders may well listen to when they meet in L'Aquila, Italy, tomorrow

"Economic issues must be front and centre at the L'Aquila summit and leaders must focus on ways to speed recovery."
PM spokesman Dimitri Soudas

Robert Zoellick, head of the influential World Bank, in an open letter to summit host Italian Prime Minister Sylvio Berlusconi, warned the G8 leaders not to assume a recovery is at hand and rush prematurely away from measures to stabilize the global economy.

"The crisis is still hitting developing countries. Developed countries must not forget this fact," he said.

This year, food security and poverty reduction are on the agenda, largely because Berlusconi insisted.

Yet the focus for Canadian officials remains economic.

"Economic issues must be front and centre at the L'Aquila summit and leaders must focus on ways to speed recovery," said Harper's spokesman Dimitri Soudas, who said progress on bringing the world out of recession is "fragile" and depends on countries resisting protectionist pressures.

But non-governmental organizations are linking all the issues.

Oxfam released a report yesterday that called on G8 leaders to seriously tackle climate change, which it said threatens the food security of millions worldwide.

And without urgent action by countries like Canada that they peg as a laggard, the impacts will soon be brought home to Canadians Oxfam said.

TORSTAR NEWS SERVICE

CRTC hearing debate on ISP 'shaping'

RULING Federal regulators will spend the next week probing the controversial practice of Internet traffic "shaping," a hot-button issue that has pitted Internet service providers on one side and consumers and web-based companies such as Google, eBay and Amazon on the other.

A Canadian Radio-television Telecommunications Commission hearing that kicked off yesterday will determine whether a policy is needed to oversee the way ISPs manage the flow of information packets — everything from personal email to YouTube videos — across their networks.

Google

- The hearing is scheduled to continue today with a submission from the Open Internet Coalition, a group of more than 75 web-focused companies and organizations including Google, eBay and Amazon which oppose the move.

Both Bell Canada Inc. and Rogers Communications Inc. use special software to sniff out bandwidth-intensive applications such as BitTorrent, a peer-to-peer file-sharing protocol, and put them in the equivalent of an Internet slow lane.

They argue the practice is necessary to avoid traffic jams during peak periods of Internet usage

But consumer groups argued yesterday that without sufficient oversight, the same technology — dubbed deep packet inspection, or DPI — could be used to improperly monitor subscribers' individual surfing habits and develop pricing models that penalize some types of use. TORSTAR NEWS SERVICE

Vancouver **3-pound beard of bees competition**

KRISTEN THOMPSON/METRO CANADA

Peter Carlone grimaces as roughly 4,500 honeybees gather around his face and neck at Telus World Of Science yesterday in Vancouver. Volunteers will be invited to wear the three-pound (1.4-kilogram) beard of bees on Saturday and Sunday as part of a special weekend program.

News in brief

GARBAGE STRIKE Toronto's city workers' strike enters its 16th day today, but Ontario Premier Dalton McGuinty has no plans to legislate an end to the dispute even though a 2002 walkout was allowed to last only this long. Seven years ago, McGuinty co-operated with the Progressive Conservative government of the day to force strikers back to work. That was then and this is now, he said yesterday. Representatives for the city and striking union met yesterday but reported little progress.

TORSTAR NEWS SERVICE

Heart drug costs may skyrocket, report says

HEALTH Cardiac drug costs jumped a heart-stopping 200 per cent in Canada over just a decade, a new analysis shows.

And the current $5 billion a year spent on prescription heart medications could double again by 2020, says a study published today in the Canadian Medical Association Journal.

10 The Canadian Medical Association Journal is reporting that money spent on prescription heart medications could reach $10 billion by 2020. The article warns that with an aging population and a culture of dependance on "brand name" drugs the strain on Canada's health-care system could be enormous.

"It does raise the question about whether the health-care system can sustain this," says Cynthia Jackevicius, the study's lead author.

An aging population, increasing obesity, inflation and the introduction of new medication classes helped send cardiac drug spending soaring between 1996 and 2006.

The increased use of newer medications such as cholesterol-busting statins now accounts for about 40 per cent of cardiac drug costs.

But physicians and patients frequently choose more expensive brand name drugs over effective generic alternatives and that has added to the price tag, the report says.

Use of brand name drugs in all categories increased from 45 per cent of prescriptions written in 1994 to 71 per cent in 2005, says Jackevicius, a scientist with the Institute for Clinical Evaluative Sciences.

Ontario was in the middle of the pack, placing fifth in spending. The eastern provinces had the highest per capita expenditure.

TORSTAR NEWS SERVICE

Teen charged in rugby player's death gets probation sentence

COURT The Missisauga, Ont., teen who was charged in the death of Manny Castillo avoided jail yesterday when Justice Bruce Duncan sentenced him to a year's probation for manslaughter.

He could have faced a maximum three years in custody. The former high school student, who played major junior hockey last year for an Ontario Hockey League team, must also complete 100 hours of community service and take anger management counselling. Castillo, 15, died during a Mississauga high school rugby game but his father believes it was the hockey coaching of his son's convicted killer that caused the tragedy.

"My personal view on how this happened is there are some hockey coaches who don't teach kids to respect their opponents," Manuel Castillo told a Brampton court yesterday.

The accused must also provide a DNA sample to the national databank. His identity remains protected by Canada's youth laws because he received a youth sentence.

TORSTAR NEWS SERVICE

Zelaya to meet with Clinton today: Official
U.S. Secretary of State Hillary Clinton is expected to meet ousted Honduran President Manuel Zelaya in Washington today, a U.S. official who spoke on condition of anonymity said yesterday. REUTERS

World

Turkish authorities balk at religious reality TV

What happens when you put an imam, a priest, a rabbi and a monk in a room with 10 atheists? A Turkish television network hopes the answer is a ratings success for a game show where spiritual guides from the four faiths will seek to convert a group of non-believers. The prize for converts will be a pilgrimage to a holy site of their chosen religion — Mecca for Muslims, the Vatican for Christians, Jerusalem for Jews and Tibet for Buddhists. But religious authorities in Muslim but secular Turkey are not amused and the Religious Affairs Directorate is refusing to provide an imam for the show. REUTERS

Russia, U.S. look to ease tensions

Visiting U.S. President Barack Obama and Russian President Dmitry Medvedev agreed on a target for cuts in nuclear arms and a deal to let U.S. troops fly across Russia at the start of a trip intended to mend strained ties.

Obama

Medvedev

At a cordial, formal news conference in the Kremlin, the two leaders spoke of their resolve to put differences behind them and focus on co-operating to solve global problems such as the spread of nuclear weapons.

Both mentioned the issues that still divide them — Russia's opposition to Washington's plans for a missile defence shield in central Europe and U.S. insistence on Georgia's territorial integrity — but stressed the positives in public.

At a signing ceremony, Obama and Medvedev pledged to finalize a treaty by year-end to cut the number of deployed nuclear warheads on each side to 1,500-1,675 from levels above 2,200.

Russia will allow 4,500 flights a year carrying U.S. troops and weapons to the war in Afghanistan to cross its territory free of charge, a move hailed by the U.S. as showing Moscow's willingness to help in the war on the Taliban.

It remains to be seen whether Obama gets the same message today at a breakfast meeting with the man who holds most political power in Russia and who chose Medvedev for the Kremlin, Prime Minister Vladimir Putin.

In a slip-up common among visitors confused by the unusual dual power structure, Obama referred at the news conference to a forthcoming meeting with "President" Vladimir Putin before hastily correcting himself. REUTERS

News in brief

G8 Italy, France and Britain called yesterday for major developing economies like China and India to sign up for a goal of halving the world's greenhouse gas emissions by 2050 at this week's expanded G8 summit in Italy. Italian Foreign Minister Franco Frattini said the "extremely ambitious" goal would be the focus of the second day of the summit on Thursday, when U.S. President Barack Obama will chair a meeting of the 17-member Major Economies Forum (MEF).

MIDDLE EAST Israel's Defence Minister Ehud Barak said yesterday he and U.S. Middle East envoy George Mitchell had made progress in their second session of talks within a week on regional peace.

TERROR Pakistan lodged appeals yesterday against a court decision to release an Islamist militant leader wanted in India, where he has been accused of plotting a bloody assault on Mumbai in November. The militant, Hafiz Mohammad Saeed, was put under house arrest in early December after a UN Security Council committee added him and an Islamist charity he heads to a list of people and organizations linked to al-Qaida or the Taliban. REUTERS

Indonesia **Election day ahead**

YUSUF AHMAD/REUTERS

Election officers transport ballot boxes by boat for distribution in the South Sulawesi province yesterday. Indonesians go to the polls to elect their president tomorrow for only the second time in the country's history.

OSMAN ORSAL/REUTERS

Protesters burn a Chinese flag during a demonstration in Istanbul, Turkey, to protest against the deadly riot in China's northwestern region of Xinjiang yesterday.

More than 1,400 arrested in China

UNREST Chinese police dispersed 200 people gathering outside a mosque in the Silk Road city of Kashgar, a day after ethnic riots killed 156 in the capital of the Muslim Xinjiang region, state media said yesterday.

According to the official Xinhua news agency, Chinese authorities have arrested 1,434 suspects in connection with the riots.

Calm had settled over Urumqi, capital of the region, after 20,000 police, troops and firefighters reclaimed the streets from rioters who burnt and smashed vehicles and shops and clashed with security forces over Sunday night.

Sensitive area

- Along with Tibet, Xinjiang is one of the most politically sensitive regions of China and in both places the government has sought to maintain its grip by controlling religious and cultural life while promising economic growth and prosperity.

But despite heightened security, some unrest appeared to be spreading in the volatile region, where long-standing ethnic tensions periodically erupt into bloodshed. Minorities in the region have long complained that Han Chinese reap most benefits from official investment and subsidies, while making locals feel like outsiders. Muslim Uighur and Han Chinese residents of Urumqi gave accounts of bloodshed that are likely to deepen the chasm between the two sides.

Uighurs traced the protests on Sunday back to anger over a confrontation in southern China in June, when Han Chinese fought Uighurs in a factory after a false allegation that some of them had raped a Chinese woman. Han Chinese residents said the toll from the riots was likely to rise. REUTERS

Iran's Khamenei warns West

INTERFERENCE Iran's Supreme Leader Ayatollah Ali Khamenei warned Western countries yesterday against interfering in Iranian affairs after its disputed presidential election, state television reported.

Iranian authorities accuse the West, particularly the U.S. and Britain, of inciting unrest following the June 12 vote in which President Mahmoud Ahmadinejad was re-elected.

"We strongly warn leaders of some Western countries not to interfere in Iran's internal matters ... The Iranian nation will react," Khamenei said.

Britain said yesterday that Iran had freed one of its last two embassy employees detained after the election, leaving just one still in custody. REUTERS

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Aid to Madagascar remains frozen
Madagascar has failed to convince the European Union to unfreeze over $970 million in aid because the Indian Ocean island is not moving towards constitutional order, an EU official said yesterday. REUTERS

UN condemns N. Korean rocket launches

Security Council members express 'grave concern' about firing into Sea of Japan

The UN Security Council condemned North Korea's latest ballistic missile launches as a violation of council resolutions yesterday and a threat to regional and international security.

Pyongyang fired seven missiles into the Sea of Japan Saturday — the U.S. July 4 Independence Day — in an apparent act of defiance of Washington, which has cracked down on firms suspected of helping the North in its arms and missiles trade.

The launches also alarmed Japan and South Korea, which are within range of North Korean missiles. Japan — currently an elected council member — said it had requested yesterday's meeting of the 15-nation body.

"The members of the Security Council condemned and expressed grave concern at the launches, which constitute a violation of UN Security Council resolutions and pose a threat to regional and international security," council president Ambassador Ruhakana Rugunda of Uganda said.

North Korea, which was banned from ballistic missile launches in a Security Council resolution passed last month, "must comply fully with its obligations," Rugunda said in an oral statement read to journalists.

Oral statements, which are not entered into the official record of Security Council proceedings, are the lowest level of council utterance. Western diplomats said they would have liked something more formal but were anxious to win the agreement of China. REUTERS

North Korean weapons

- North Korea appears to have fired two mid-range Rodong missiles, which can hit all of South Korea and most of Japan, and five shorter-range Scud missiles, which can strike most of South Korea, South Korean officials told reporters.

Spain **The death of a bull**

JOSEBA ETXABURU/REUTERS

Spanish mounted bullfighter Pablo Hermoso de Mendosa, right, celebrates killing a bull on the first day of the San Fermin festival in Pamplona yesterday. The annual bull-running festival runs until July 14.

Mexican reform now in hands of opposition

ELECTION A worse-than-expected congressional election defeat for Mexico's ruling conservatives has left President Felipe Calderon's economic reform agenda firmly in the hands of the opposition.

Voters tired of a recession and crime wave handed victory at Sunday's mid-term vote to the Institutional Revolutionary Party, or PRI, which has flourished in opposition since it was ousted in 2000 from seven decades of one-party rule.

Felipe Calderon

Calderon's National Action Party, or PAN, moved Mexico into a new era of democracy with the victory over the PRI nine years ago but it has failed to create the jobs it promised, leaving millions to cross the U.S. border illegally in search of work.

Mexicans have praised Calderon's war on drug gangs, but are worried by a surge in brutal cartel murders and kidnappings, and Calderon's defeat now risks leaving him a lame duck.

A determined former lawyer, Calderon wants economic reforms like tax and energy overhauls to be part of his legacy.

Bumped down to second place in Congress, his party will only achieve a tax reform seen crucial for Mexico's credit ratings if the PRI backs it.

The PRI has left behind its authoritarian past, and some investors hope it will end its old habit of stalling reforms as it eyes 2012 presidential elections and will instead favour laws to dynamize the sputtering economy.

PRI leader Beatriz Paredes said yesterday that the party has a "very clear" agenda of the need for deep economic changes and solutions to the economic crisis.

Her comments helped pare overnight losses in the peso, and Barclays Capital analysts called them "encouraging."

Other analysts took the remarks with a pinch of salt, noting the party must avoid irking its old-school support base. Its intentions regarding a tax reform may not become fully clear until a proposal is voted on in September.

"The PRI is clearly a frontrunner to win in 2012, so they have an incentive to make sure the economy is in good shape," said Damian Fraser, head of Latin American research at UBS. REUTERS

News in brief

TERROR An Iraq-based Shiite insurgent group rejoiced at the U.S. government's decision to designate it a foreign terror organization, calling it a point of pride, a U.S. militant monitor said yesterday. Just days after Kata'ib Hizballah was designated a foreign terror group by U.S. President Barack Obama's administration, the group posted a triumphant message on a Shiite jihadist forum praising the move, according to SITE Intelligence. REUTERS

Euro zone split on representation

IMF Euro zone finance ministers disagreed yesterday over whether they should have a single representation at international financial institutions, despite being increasingly willing to speak with one voice.

European Commission President Jose Manuel Barroso also said the time was not right yet for the 27-nation European Union to have just one seat at the International Monetary Fund.

Jean-Claude Juncker, who chairs the Eurogroup of finance ministers from the 16 countries using the single currency, said the ministers had discussed calls for single-seat representation but failed to reach any agreement at a meeting in Brussels. REUTERS

Nigerian militants claim attacks on oil industry

CHEVRON Nigeria's main militant group said yesterday that it had sabotaged a Chevron oil facility and seized a chemical tanker and six crew members, the latest in a string of attacks in Africa's biggest energy producer.

The Movement for the Emancipation of the Niger Delta said it had attacked Chevron's Okan manifold late on Sunday in the southern Delta state, hours after it sabotaged an oil well head operated by Royal Dutch Shell. The military confirmed the attack.

"The criminals attacked another pipeline in Delta state yesterday. The pipeline belongs to Chevron," said Colonel Rabe Abubakar, spokesman for the military task force.

U.S. oil firm Chevron, which halted swamp operations in Delta state after attacks on its pipelines in May, said it was investigating the report. REUTERS

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Comment

The corporate kingdom

When are people finally going to say enough is enough?

John Manley has been named to replace Tom d'Aquino as the head of the Canadian Council of Chief Executives, the ultra-powerful lobby group for corporate Canada.

Manley is a great catch for the corporate kingdom. As former industry minister and finance minister, he comes to the job with credibility and respect. It will be much needed because one of these days the dam is going to burst on the issue of corporate entitlement.

How much can the people take?

Consider the record. The corporate kingdom was highly instrumental in crashing the economy and now the taxpayer has to foot the bill, the auto sector being the prime example, to bail the companies out.

Many among the financial elite who wreaked economic havoc have walked off with millions in golden handshakes and compensations. The outrageousness of perks and executive compensation is well-documented. Our prime minister is paid $300,000 per year. Corporate executives get that in a fortnight. If they screw up on the job, they end up getting more.

Their tax write-offs are something to behold. Our sport of hockey has become hostage to corporate boxes. If you don't have an arena with 100 luxury suites, sorry, you don't get a team. And if you have a team with suites, the fan has to pay hundreds of dollars to go to a game, partly because of the tax-break infrastructure that caters to the corporate culture.

Canada's corporate taxation rate has gone down, down, down in modern times because of what basically amounts to blackmail. The corporations threaten to move offshore if they don't get their way on tax breaks. The threat works, the result being that much of the tax burden falls to the rest of us.

Corporate boardroom structures are a farce. The boards of directors are often chosen by the executives of the corporation. The board then negotiates and doles out salaries and limos and airplanes, etc., to those same executives. Shareholders are supposed to be in control. It doesn't work that way.

The time is ripe for an overhaul of corporate culture. In the United States, President Barack Obama announced a salary cap of $500,000 for executives of companies that receive a lot of bailout cash. But many of his measures against corporate greed have been watered down.

Here, much noise is made about the excesses of corporate entitlement. But action is another thing. This is stuff made in heaven for the New Democratic Party. For the Liberals it should be a high priority as well. The question is: Where are they?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Views

Future looks bleak for retirement savings

In theory, Canadians will retire on a mix of income from government pensions and entitlements, personal savings, and workplace pension plans. In practice, they can really only count on the first two. Even then, the Canada Pension Plan and benefits like Old Age Security will only fill a portion of their needs.

When it comes to personal savings and workplace pensions, though, our future looks bleak. For years, we've saved less and less. People were putting away more than 10 per cent of their disposable income in the mid-1980s; lately, it's closer to two per cent.

Even hard-core savers face obstacles. Those who save by investing in retail financial products are hit by high sales and management costs that undermine eventual yields. When stock markets dip, registered retirement savings account values follow, which explains why there was a six per cent decline in the number of people making RRSP contributions last year.

But why save when you can spend? Earlier this year, the Certified General Accountants Association reported that national household debt has reached $1.3 trillion, and 85 per cent of Canadians are carrying outstanding balances on their credit cards. Personal lines of credit now show outstanding balances of $181 billion. That's nearly four times the amount that was outstanding in 2000.

At worst, this country faces an unprecedented rise in personal insolvencies in the next few years. At best, all that accumulated debt will have to be paid down, further weakening our ability to save for retirement

Public and private sector employers can't help us out of this mess. Corporate and public sector pension plans have been struggling with funding deficits since the tech bubble burst in 2000, and remain billions short of their long-term funding commitments. In cases like Air Canada, where the pension shortfall is about $6 billion, the outlook is scary.

Making up funding deficiencies will take years. The corporate sector is also trying to lessen future needs by steering workers into defined contribution pension plans where companies aren't locked into pre-determined benefit payouts the way they are in traditional defined benefit plans.

However you define it, only 5.9 million workers are covered by employer pension plans. Of Canada's 11 million or so other workers, many have arrangements like company assisted RRSPs, while at least 3.5 million have no company plans at all.

Next: The growing pressure for a new, expanded public pension plan.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

PensionSeries

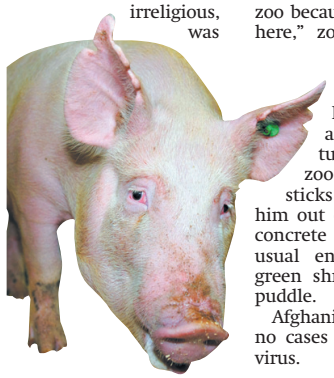
(Editor's note: This is the second part of a three-part series by Charles Davies on pension plans.)

Worth mentioning

That'll do pig, Afghan zoo tells only porker

Afghanistan's only known pig trotted out of quarantine on the weekend, two months after he was locked away because of swine flu fears, to bask again in the mud at the Kabul Zoo.

The pig, a curiosity in Muslim Afghanistan where pork and pig products are illegal because they are considered irreligious, was quarantined because visitors to the zoo were worried it could spread the new influenza A (H1N1) virus, commonly known as swine flu.



"Our people did not understand that the disease only passes from person to person and felt that the swine influenza might even be spread from the zoo because we have a pig here," zoo manager Aziz Gul Saqib told Reuters.

"Khanzir" — Pashto for pig — appeared unperturbed as a team of zoo workers used sticks to gently prod him out of his temporary concrete home into his usual enclosure of lush green shrubs and a mud puddle.

Afghanistan has reported no cases of the H1N1 flu virus. REUTERS

Metro Online Poll Results

23% SAID YES	Are you paying attention to political speeches during the summer months? *Weigh in on today's question at metronews.ca*	77% SAID NO

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Amsterdam to seek banking help for prostitutes
Amsterdam city council is turning its attention to a pressing problem for one of the city's key business sectors — banking and credit for prostitutes who can't get accounts from mainstream institutions. Despite the trade being legal, many banks shy away from taking the ladies on as customers. REUTERS

Business

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	US$ $1.1591	$2.68	255.67

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

GM to get $20B funding this year

Obama's auto chief confident company sale will withstand appeals

A restructured General Motors Corp. will get the remaining $20 billion US in government bankruptcy financing over the rest of this year and could be ready to launch an initial public stock offering in early 2010, a senior U.S. official said yesterday.

Steven Rattner, who heads the Obama administration's autos task force, said he was confident that a U.S. bankruptcy judge's decision on Sunday to allow the sale of the automaker's best assets to a "New GM" would withstand appeals.

The decision will clear the path for the company to emerge from bankruptcy court in coming weeks and will allow the U.S. Treasury Department to focus on divesting its stake, Rattner told reporters on a conference call. The bankruptcy judge issued a four-day stay of the sale order, allowing for possible appeals.

Rattner expects GM to name additional board directors later this month.

A former investment banker, Rattner said an IPO for a portion of the government's stake that would return GM to public ownership would need a "decently robust" stock market to succeed.

"I believe that will be some time next year," he said. "I would like to think and hope that would be in the first half of next year but I would not want to predict anything specific."

The administration was not "trying to get the last dollar" for the taxpayer's investment of some $60 billion and would not wait for a stock market boom that never materializes, he said.

The government was committed to selling its stake as quickly as possible, but Rattner added, "when you're a 60 per cent shareholder, you can't sell it all in one day."

The government will receive a stake of that size in the new GM for the $60 billion in financing to support GM's turnaround, half of which is bankruptcy financing. About $50 billion of the U.S. government's money will be converted into stock in the reorganized company, which will still be named General Motors. REUTERS

$10-11B given

- GM has so far received about $10 to 11 billion of the bankruptcy financing and will get the rest of the money by year-end, though there was no set timetable for payments.

Machinists' union sets date for Air Canada vote

LABOUR Members of Air Canada's biggest labour union, who rejected a tentative contract agreement with the carrier last week, will vote again on the offer on July 14 after the two sides talked over the weekend, a union spokesman said yesterday.

Air Canada, the country's biggest airline, said in a statement that it and the negotiating team from the International Association of Machinists and Aerospace Workers had "agreed on the clarification of certain issues" in talks this past weekend. The two sides also agreed on a "prompt revote on the original agreements."

The union's negotiating committee and Air Canada reached a tentative 21-month agreement on June 8 on a new labour deal, as well as a deal that will allow the cash-strapped airline to temporarily halt funding its $2.9 billion pension deficit.

But members of the 12,300-strong union narrowly rejected the agreements in a vote last week, a surprising outcome and a troubling one for the debt-laden airline.

Union support is critical for Air Canada to gain federal approval for a temporary freeze on pension funding and $600 million in short-term loans. Without a pension moratorium and the new financing, analysts say the carrier could be headed for its second bankruptcy filing in six years. REUTERS

France, Britain seeking ways to reduce oil price volatility

ENERGY France and Britain called for action to curtail oil price volatility yesterday as part of a move towards tougher global governance to prevent a return to economic problems that existed before the financial crisis.

Speaking at a summit ahead of a meeting of G8 leaders in Italy, French President Nicolas Sarkozy said France and Britain would publish a joint document on the issue. "We must, with the fossil fuel producing countries, try and stabilize the oil price in a reasonable range, neither too high nor too low," Sarkozy said during a joint conference with British Prime Minister Gordon Brown. REUTERS

Four per cent drop

- Oil settled four per cent lower yesterday as doubts over a potential rebound in the economy spurred investor risk aversion. U.S. crude settled at $64.05 US a barrel, down $2.68 or 4.02 per cent from Thursday's close.

India **Import duty doubled**

KRISHNENDU HAJRA / REUTERS

Salesmen at a jewelry shop attend to their customers in the southern Indian city of Hyderabad yesterday. India's doubling of import duty on gold and silver is likely to encourage recycling of the metals locally in what could continue to keep imports subdued for the rest of this year, traders and analysts said.

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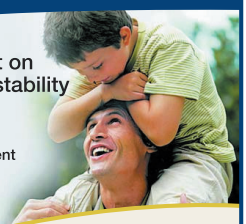

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Facebook could bring in billions

WEB Facebook will likely post billions of dollars in revenue in five years, up from about $500 million US this year, according to Silicon Valley entrepreneur Mark Andreessen.

He said the world's most popular online social network could pile up $1 billion US in revenue this year if it pushed harder on selling advertising. But he added it was more important at this stage for networking sites to grow their user base instead of focusing on profit. REUTERS

China calls for displacing dollar

CURRENCY The financial crisis has laid bare defects in the dollar-led global economy and the world should look to displace the U.S. currency, even if that will take many years, Chinese officials said in comments published yesterday.

The push for reform of the international financial system comes just before the G8 summit in Italy, where China's willingness to question the dollar's role could fuel debate. The Special Drawing Right, or SDR, a unit of account used by the International Monetary Fund, presents an alternative to the dollar as a global reserve currency, said Li Ruogu, chairman of the Export-Import Bank of China. REUTERS

Better yardstick?

- The People's Bank of China made waves in March when it suggested that the SDR, whose exchange rate is determined by a mixture of dollars, euros, sterling and yen, was better suited than any one currency to be a yardstick for global trade.

Business in brief

BAIL A former Goldman Sachs computer programmer, Sergey Aleynikov, who stands accused of stealing secret trading codes from the investment bank was being held in federal custody yesterday, pending the posting of $750,000 US bail.

GAS Spanish natural-gas distributor Gas Natural agreed yesterday to take 30 per cent of the output from a planned liquefied natural-gas facility on Canada's West Coast and may buy a stake in the operation, the proposed plant's operator said in a release. REUTERS

Interest rates/Savings accounts
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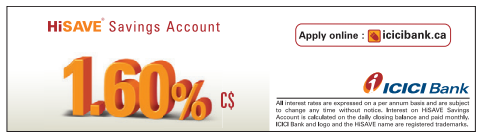
Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



Fun, free and fulfilling

Reader submits his ideas for the good life

AlisonOnMoney

You'd be surprised how volunteering your time can be fun as well as personally fulfilling and, of course, it's free.

This column is dedicated to Barry of Halifax (because he basically wrote it.)

A few weeks ago I talked about how to find value in life without a hefty price tag. I didn't expect such an outpouring from you readers.

Barry sent me some ideas for those who enjoy the simple life. That's the only point of departure between Barry and me: There's nothing simple about his suggestions. Easy, yes, simple, no.

1. Invite an older person (or two!) in your building or town to come for supper and make the night magical for them and for yourself. Cook a homecooked meal and even put a tablecloth on your table. If you don't have a tablecloth, use a clean bedsheet. (Remember those student days!)

2. Have an outside dance for a few people. Invite little Johnny and granny too! Make your own drums or clap your hands.

3. Put a jigsaw puzzle together as a get-together. Gather guests around — it can be lots of old-fashioned fun.

4. Go outside in a group or a few people and lie down on the grass and dream all those dreams that are wanting to be released from your mind. This is for all ages. (I think there was a Robin William's movie with just such a theme.)

5. Take your dirty clothes to a friend's house to wash. Watch a movie in between loading and unloading and folding. Then, the next time, invite your friend to your place and do it all again. (What a brilliant idea! A laundry party.)

6. Read a short story to a blind person, a child or to someone confined in bed. It's actually highly entertaining.

In closing, Barry wrote, "I tried to think of entertainment that the poorest of people could do but that the richest people would enjoy as well." Well done Barry. Thanks.

Alison's Money Rule:

- Take a little creativity, add a dash of heart and suddenly adding enjoyment into your life turns out to be pretty inexpensive.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Toronto reader fuming over five-cent bag fee bylaw

MoneyMatters

Q I find it ridiculous, after spending over a hundred dollars at the grocery store; the retailer adds insult to injury and charges five cents per bag. To top it off, I was charged a tax on the bag. Must they charge a fee and are they taxable? How much and where does it go?

— Irene, Toronto

A You, me and all Toronto's city dwellers are adjusting to the new plastic bag bylaw introduced by Mayor David Miller. For readers in the rest of Canada, you know that certain stores will charge you a fee for bags but it's not a city-wide, mandatory change. Not yet, anyway.

As of June 1, 2009 all Toronto retailers must charge a minimum of five cents per plastic bag. The City of Toronto's objective is to divert 70 per cent of waste from landfill, reduce volume of plastic bags and encourage reusable bags.

Toronto retailers must charge a minimum five cents per bag or get fined by the city. They are not allowed to absorb the charge. Although, some find creative ways for customers. Some plastic bags are exempt, for example;

- Bags used to protect prepared foods or bakery goods
- Bags used by customers inside stores to package bulk food, or small hardware
- Newspaper bags, etc.

For a full list, visit City of Toronto's website.

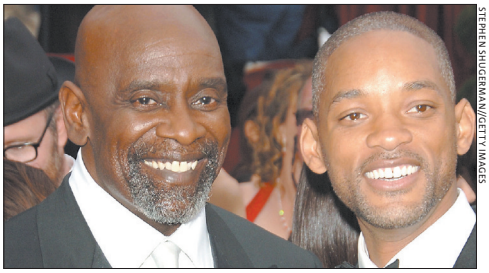
The "charge" is subject to GST and PST (provided taxable items, including the bag, exceed 21 cents). However, what is 13 per cent of five cents? Not much of a tax grab for federal or provincial government. We won't go broke because of the tax on plastic bags.

Retailers do not remit the five cents to the City of Toronto but keep it as profit, provided they are fortunate enough to have a profit in these economic times.

The city, however, encourages the retailers to give back to the community.

Maybe if other Canadian cities follow suit, the city — in conjunction with an environmental group — should establish a special fund for environmental initiatives. Every cent counts.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.



STEPHEN SHUGERMAN/GETTY IMAGES

Chris Gardner, left, was portrayed by Will Smith in the 2006 film The Pursuit of Happyness.

Find your happyness

ELISABETH BRAW
Metro World News

FEATURE Chris Gardner has a unique perspective on money: he's gone from living on the streets of San Francisco to becoming a top stock broker with Bear Stearns.

"The problem with Wall Street is greed," explains Gardner. "A very small number of greedy people created our current financial troubles. Politicians talk about regulation, but how do you regulate greed?"

The dashing 55-year-old was portrayed by Will Smith in the film The Pursuit of Happyness. Riding the New York subway recently, he encountered hundreds of people carrying boxes: They had been laid off. "But being laid off isn't a disaster," he says. "It's an opportunity to ask yourself, 'What do I really care about?.' The best and brightest won't eye a Wall Street career anymore."

When former Bear Stearns colleagues call him, Gardner advises them to start their own companies. Gardner himself runs Chris Gardner LLC, a multi-million dollar Chicago consulting firm. According to Gardner, the recession is a unique opportunity for people to move to more fulfilling careers.

And new lives, too. Recently a top Wall Street money manager told Gardner that his wife didn't love him anymore. "He told me that she expected expensive homes and chauffeur-driven cars, and now she has to take the train to New York City," recalls Gardner. "I said: You need a new wife!"

Chris' tips

Gardner gives career advice in his new book. Start Where You Are. He shares his top tips with Metro:

- What are you truly passionate about? That's where your success lies.
- Plan B sucks! If you create a Plan B now, you won't be truly committed to Plan A. Don't give yourself an "out option."
- Think outside the box when it comes to a career shift. And don't be afraid to take a job that's not your dream job if it will teach you some of the skills that your dream job will require eventually.
- Network. Make friends before you need friends.
- Money is the least significant component of wealth. Don't judge yourself by what's in your bank account. Money comes and goes but your conviction and talents cannot be traded, negotiated or sold.

JDG to TFC? And Stephen Hart speaks

Canadian international soccer player Julian De Guzman revealed on the It's Called Football show yesterday that he was considering a "lucrative" offer made by Toronto FC. To watch the show, which also included an interview with Canadian interim head coach Stephen Hart, visit metronews.ca/blogs. METRO NEWS SERVICES

Sports

Cubs sold for $900M: Report

The Ricketts family, led by Chicago investment banker Tom Ricketts, has reached a deal to buy the Chicago Cubs and Wrigley Field from bankrupt media company Tribune Co. for slightly less than the original $900-million US bid, a source familiar with the deal said yesterday. Tribune has been trying to sell the team for more than two years to reduce the company's debt burden. REUTERS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Real Madrid Ronaldo's intro

JUAN MEDINA/REUTERS

Real Madrid's new player Cristiano Ronaldo is greeted by 80,000 fans yesterday in Madrid. The crowd at his introduction has only been rivalled by Diego Maradona's presentation at Napoli 25 years ago. Ronaldo recently signed a six-year contract with the club.

Gun found at scene of McNair death belonged to slain girlfriend, police say

SHOOTING Nashville police say the gun found at the scene of the shooting deaths of former NFL quarterback Steve McNair and his girlfriend Saturday was purchased by the woman two days before the incident.

Police department public affairs manager Don Aaron spoke briefly yesterday and said Sahel Kazemi purchased the gun, a semi-automatic pistol, Thursday.

"As a result of the investigation, we now know that the gun recovered at the crime scene was purchased by Kazemi from a private individual," Aaron said.

On Sunday, police ruled McNair's death a homicide, but did not classify the death of the 20-year-old Kazemi. Aaron said yesterday police are still awaiting ballistic results to determine whether Kazemi's single fatal gunshot wound was self-inflicted.

Aaron said Sunday that autopsy results determined McNair had four gunshot wounds, two to the head and two to the chest.

McNair and Kazemi were found dead at a Nashville condominium Saturday. The weapon was found underneath Kazemi.

METRO NEWS SERVICES

Sports in brief

MAPLE LEAFS The Toronto Maple Leafs added another defenceman, signing unrestricted free agent defenceman Francois Beauchemin to a three-year contract. The 29-year-old scored four goals and five points in 20 games last season.

CANUCKS The Vancouver Canucks yesterday signed goaltender Andrew Raycroft, who spent last season with the Colorado Avalanche, posting a 12-16-0 record with a 3.14 goals-against average.

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Jays avoid sweep

MLB RESULTS

Toronto 7 N.Y. Yankees 6

Alex Rios belted a three-run homer and John McDonald added a solo shot as the Toronto Blue Jays opened a big lead and held off a late Yankees rally to salvage the finale of a four-game series in New York with a 7-6 victory.

Scott Rolen doubled in two big runs to extend his career-best hitting streak to 23 games and Rod Barajas knocked in a run for Toronto, which won for only the second time in its last nine games.

Ricky Romero (7-3) pitched 6⅓ solid innings to win his fourth straight start. He entered the contest with a 20-inning scoreless streak and stretched that to 24 before finishing with a line of three runs allowed on seven hits with three walks and five strikeouts.

"It was one of those games where we battled all game," said Romero. "I didn't have very much out there. It was a total team effort."

Andy Pettitte (8-4) took the loss for New York in six-plus innings of work. He was charged with six runs on five hits and five walks with three strikeouts. The veteran lefty lost for the first time since June 13 against the Mets and was 2-0 in his previous three outings.

Eric Hinske homered in his Yankee debut, but also struck out to end the game with the tying run on base, while Nick Swisher went 3-for-4 with a two-run single for New York, which lost for just the second time in its last 12 games.

"It would have been nice to win today," said Yankee manager Joe Girardi, who was ejected in the first inning. "You want to win series. To go 5-2 on this homestand, I thought we had a pretty good homestand."

Girardi was ejected for arguing when Derek Jeter was caught stealing at third base — one of three calls that appeared to go against the Yankees in the contest.

METRO NEWS SERVICES

Record tied

- Ricky Romero's 24 straight scoreless innings tied the franchise rookie record for consecutive shutout innings set by Mark Eichhorn in 1986 before Eric Hinske homered in the fifth.

CHARLES PLATIAU/REUTERS

Riders cycle yesterday during the third stage of the 96th Tour de France race between Marseille and La Grande Motte. Briton Mark Cavendish won the 196.5-kilometre stage.

Armstrong climbs to third at Tour de France

CYCLING Seven-time champion Lance Armstrong proved his Tour de France credentials once again when he climbed to third overall following a spectacular third stage yesterday.

Briton Mark Cavendish snatched the stage victory after 196.5 kilometres from Marseille to La Grande Motte, but the day's big winner was Armstrong, the only favourite who was not caught out by a sharp break from Team Columbia.

Swiss Fabian Cancellara of the Saxo Bank team retained the overall leader's yellow jersey, finishing ahead of German Tony Martin and American Armstrong by 33 and 40 seconds, respectively.

Hot favourite Alberto Contador, who was trapped after Team Columbia's move, dropped to fourth overall.

Spaniard Contador, named Astana's team leader ahead of Armstrong, slipped 19 seconds behind the 37-year-old Texan.

"I am not OK with that theory saying there can be only one team leader," said Armstrong.

"I have won seven Tours de France, I will have to be counted in."

Astana sports director Alain Gallopin said there would not be any problems within the team even though Armstrong has somehow upset the hierarchy.

REUTERS

Stairs helped open doors for Canadians

DAVID SINGH
for Metro Canada

BASEBALL In the visitors' clubhouse at Rogers Centre last week, Philadelphia outfielder Matt Stairs was proudly sporting a gold chain bearing his country's name. A St. John, N.B., native, Stairs is as proud a Canadian as you'll find in baseball.

As well, at 41 years old, and with 17 years of major league experience under his belt, Stairs is considered the current elder statesman of Canadian baseball.

However, Stairs insists Canadians in the big leagues today don't have to possess such credentials to be treated as equals to their American counterparts. "They still tease us about the accents," Stairs said with a smile. "But that's it."

The major leagues have changed a great deal from when Stairs first began his career in 1992 with the Montreal Expos. Nowadays, many Canadians, including Minnesota's Justin Morneau, Boston's Jason Bay and Cincinnati's Joey Votto are being heralded as franchise-type players. Such strength in numbers was just not present in the past.

Stairs hopes that as the number of Canadian players reaching the majors continues to grow, so too will interest and the belief that it is indeed a real possibility.

"The biggest thing is the more Canadians that play will open the door for more Canadian players believing in themselves to have a chance to make it to the big leagues," he said.

And Stairs is quite a nice example in that sense. At five-foot-nine and 215 pounds, he doesn't fit the typical build of a baseball player.

"I hope it rubs off on people who want to pursue a major league career — or any kind of career," said Stairs. "Knowing that you really weren't expected to be where you're at and all of a sudden, 17 years later, you're still doing well. I think it shows that hard work and determination will get you a long way."

SPECIAL FOCUS ON:
Fitness

Health & Beauty

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Stress, chronic sleeplessness or alcohol or drug abuse may lead a person to engage in what is known as "sexsomnia".

A 'sexsomnia' defence

The J Spot

This week, Jan Luedecke, the Toronto landscaper who was acquitted in 2005 for sexually assaulting a woman because he was sound asleep at the time of the assault, was scheduled to appear before a panel to determine if he should have any long-term restrictions on his freedom. Instead the panel ordered Luedecke undergo a "full and complete risk assessment" before making their decision.

Sexsomnia, like insulin, five-pin bowling and the term "cougar," is a Canadian discovery. I first heard about it at a sexuality conference in Guelph, Ont., several years ago when Dr. Paul Fedoroff, a forensic psychiatrist in Ottawa, Ont., presented research suggesting that stress, chronic sleeplessness, or alcohol or drug abuse may lead a person to engage in sexual behaviour while sound asleep. The research, which Fedoroff completed with co-researchers Dr. Colin Shapiro and Dr. Nik Trajanovic of the University of Toronto, first appeared in 1996 in a paper called Sexsomnia – A New Parasomnia? that was published in the Canadian Journal of Psychiatry in June 2003.

It was good timing for Luedecke as it was the wee hours of a house party in July 2003 when a woman woke up on the couch to find Luedecke having sex with her. He was found not criminally responsible for the assault because he was asleep at the time.

He testified that he had been overworked, overstressed, sleep-deprived, taken magic mushrooms and knocked back a whole bunch of booze, pretty much in line with Fedoroff's definition of "sexsomnia."

As bizarre as this all sounds, Luedecke's case is not the first.

In December of 2005, a British man was cleared of three counts of rape because he suffered "sexsomnia" and wasn't conscious during the act.

"Sexsomnia, like insulin, five-pin bowling and the term 'cougar,' is a Canadian discovery."

In August 2007, a British mechanic was cleared of a rape charge after the jury found him not responsible for his actions when he had sex with a 15-year-old girl while asleep.

And it's not just a guy thing. In 2004, an Australian woman was reportedly leaving her house at night and having sex with strangers while sleepwalking.

Any type of sleepwalking is rare, occurring in about three per cent of children and young adolescents, and 0.5 per cent of adults. According to research, four per cent of adults who suffer from the condition carry out sexual behaviour.

• For the latest sex news, visit Josey's blog Sexcetera at metronews.ca/blogs

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Get fit, avoid diabetes

Take the stairs, get off the bus early, go for 'activity breaks'

CELIA MILNE
For Metro Canada

ISTOCK PHOTO

Reduce your chance of getting diabetes by committing to "family walks" before or after mealtime and planning weekend activities such as going to parks and being physically active while there.

If you add physical activity to your life – even a bit at a time — you might be doing more than just losing weight. You'll be reducing your chances of getting diabetes.

People who aren't very fit are two to three times more likely to develop diabetes, according to a new study published in Diabetes Care.

The study was interesting because it tracked almost 4,000 people for 20 years to find out the relationship between their fitness levels and whether they developed diabetes. In the end, people with lower levels of fitness were significantly at higher risk of developing diabetes over the 20 years.

Patterns of physical activity are often established early and don't change much. "Patients who have low fitness in their late teens and 20s tend to stay the same later in life or even get worse," says Dr. Mercedes Carnethon of Northwestern University in Little Falls, N.J., who led the study.

So how can you get started? It is ideal to exercise for 30 to 60 minutes a day. But Carnethon suggests that if that's not part of your lifestyle, you can begin with small changes and build towards more exercise.

"I encourage building up smaller periods of activity over the course of the day. Although 10-minute bouts of moderate to vigorous activity are ideal, there is evidence that small intense bouts of activity are also helpful. Those include taking the stairs instead of the elevator or escalator, getting off the bus one (or two) stops early and walking the remainder of the distance, and taking brief 'activity breaks' during long periods of sitting," says Carnethon.

Incorporate activity into your daily living

She also suggests committing to "family walks" before or after mealtime and planning weekend activities such as going to parks and being physically active while there.

You can also build fitness into the time you spend on community service. For example, she says, many animal shelters welcome volunteers who are willing to come and walk their dogs and play with them.

Or, if you volunteer for a service organization, you could help provide organized physical activities for children or the elderly.

"My recommendations are that individuals make a commitment to incorporating activity into their daily living and find activities that are fun and can be sustained year round. By doing so, physical activity can become a habit."

Wallaroo hats can help protect skin from the sun's UV rays.

Wallaroo hats sun safe

FASHION Hats are making a comeback and not just for aesthetic reasons.

Wearing a hat, especially a wide-brimmed one, may help protect you from developing skin cancer — especially in the hot summer sun.

Wallaroo hats are the latest trend in functional fashion for your head. These hats are made in Colorado, but they're inspired by a trip the manufacturers took to Australia.

Most Wallaroo hats are UPF 50+, which means they are certified to protect the skin from 97.5 per cent of the sun's UV rays. They're available in more than 40 styles. If they're good enough for Cameron Diaz and Brooke Shields, they're good enough for you!

Visit wallaroohats.com for more information.

CELIA MILNE/
FOR METRO CANADA

Arm-toning tools

Dumbbells have a tight grip on the fitness scene, but other equipment can also strengthen your arms. Here are two widely available:

• Medicine Ball: Build your arm, chest and torso strength as you lift, lower, toss and catch this easy-to-grip weighted rubber ball. Weight increments vary from about two to 20 pounds (one to 10 kgs).

• Resistance Band: Rubber bands come in a variety of intensities that differ in how hard they are to pull. They are portable and easy to stow away. BEST HEALTH MAGAZINE

TAKE A BREAK FROM WORK
Visit metronews.ca to watch
metrotube of the day

Willis enrols in 90210

Rumer Willis' latest TV gig will take her to 90210. The eldest daughter of Bruce Willis and Demi Moore, Willis will appear on at least one fall episode as Gia, a lesbian reporter for West Bev's Blaze news show, a CW rep confirms. TVGUIDE.COM

Entertainment

Birthday boy

Tom Cruise turned 47 over the weekend with wife Katie Holmes and three-year-old daughter Suri. On his July 3 birthday — spent Down Under — Cruise caught an Australian Football League game. USMAGAZINE.COM

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Taylor Swift raps and rocks

Country star teams with Def Leppard, T-Pain

IAN NATHANSON
for Metro Canada

Well aware of her image as a wholesome adolescent country music sensation, Taylor Swift occasionally throws her fans off with her choice of collaborators.

Last year, CMT aired a Crossroads special that saw Swift team up with British hard rockers Def Leppard. And during last month's airing of the 2009 CMT Music Awards, Swift paired with the unlikeliest of duet partners — rapper T-Pain — on a humourous video called Thug Story.

That T-Pain-Swift bit, Swift explains during a telephone conference call, "was a collaboration between me and CMT. (The network) came to me and said we want you to be the focal point of the (show's) intro. They wanted me to play on the fact that all these (TV) specials that I do focus on me having a dream and setting my sights on accomplishing it. So why not think of some crazy things that people wouldn't expect you to do?

"So they let me write this rap. And T-Pain wanted to hear the track beforehand. I got up and rapped this whole thing for him and he couldn't stop laughing. The video was hilarious to shoot, too: I go to the mall, buy gangsta jewelry at this kiosk for $40. It was all meant to be really funny stuff."

Her collaboration with Def Leppard, though, was a much more serious affair but equally as fun.

"Stepping into someone else's studio is one of (my) favourite things," Swift says.

"I have so many different levels of respect for people who make music that is different from mine. I understand what I do the most, but that's only because I've been doing my music for the longest time."

"I have so many different levels of respect for people who make music that is different from mine." Taylor Swift

Swift has now topped the seven million mark in total record sales, which includes the triple-platinum late 2008 effort, Fearless. And her publicity continues to grow: A cover story for Rolling Stone magazine, ads for the Got Milk campaign, numerous awards including awarded the Academy of Country Music's Crystal Milestone Award (given for outstanding achievement in the genre) plus cameos in the Hanna Montana and Jonas Brothers In 3-D movies.

All this and a revelation of a public breakup with Joe Jonas, too. But Swift had her say on that subject months ago and is currently focused on her debut headlining tour, which she explains will feature some theatre-style elements to the performance.

"I grew up doing children's theatre," Swift says. "What I thought might be cool would be to have a big element of tour revolve around the theatrics to my songs — just dramatizations of what I've gone through in my life and what's going on inside my head."

UNIVERSAL MUSIC PHOTO

Taylor Swift is only 19, but she's already topped the seven million mark in total record sales.

Chinese pen 'instant' Jackson bio

BOOKS Two Chinese writers slaved for 48 hours straight to produce an "instant" biography of late singer Michael Jackson, despite having never met him, a state-run newspaper said yesterday.

The book, called Moonwalk in Paradise, hit the bookshelves over the weekend, the China Daily said, after the authors subsisted on a diet of coffee and cigarettes and worked round-the-clock to complete it.

While they are not as popular as the Taiwanese and Hong Kong stars who dominate the music scene in China, Western artists are making inroads in the local market, thanks to young fans.

Jiang Xiaoyu, one of the writers, had previously written blogs and reviews about Jackson, who died on June 25 when he went into cardiac arrest at his rented mansion in Los Angeles.

"I am not only a music critic but also a fan of the King of Pop, so I understand what fans really need," Jiang was quoted as saying by the newspaper. "I fought the deadline around the clock, as fans cannot wait for months."

REUTERS

Executors to control Jackson estate

A Los Angeles judge handed temporary control of Michael Jackson's multimillion dollar estate yesterday to a lawyer and music industry executive named as co-executors in his 2002 will.

Lawyer John Branca and executive John McClain were named executors in a will Jackson signed in 2002 that left his estate, valued at more than $500 million US, to a trust benefiting his three children, his mother and charities.

The judge last week gave temporary control to Jackson's mother, Katherine Jackson, before the will surfaced, but with the 2002 document now filed in court, Los Angeles Superior Court Judge Mitchell Beckloff said "the law compels" that he put the executors in charge.

Beckloff set another court hearing for Aug. 3 to review the case, and said Branca and McClain must keep 79-year-old Katherine Jackson apprised of their dealings.

"We are relatively pleased with Judge Beckloff's ruling this morning. He's taken the unusual step of requiring that Ms. Jackson be kept informed of the administration of his estate in this preliminary phase," said Burt Levitch, an attorney for Katherine Jackson.

An attorney for Branca and McClain said they would carry out the pop star's wishes and maximize his estate's value.

GETTY IMAGES

Los Angeles police Sgt. Boris Washington briefs fellow policemen at the Staples Center yesterday. Police set perimeters around the venue, where the Michael Jackson memorial is to be held today.

The value remains an open question. Although the 2002 will valued Michael Jackson's holdings at more than $500 million, the 50-year-old singer was reported to be as much as $500 million in debt when he died of cardiac arrest on June 25.

Jackson owned one-half of Sony-ATV, which controls a music catalog which includes songs from The Beatles and other artists and has been valued as high as $1 billion. Jackson also owned a company that controlled the rights to music he recorded during his solo career, and its value is expected to rise over time.

Jackson, a member of The Jackson 5 in the late 1960s and 1970s, embarked on a solo career as an adult, turning out hit albums like Thriller and Off the Wall.

Since his death, media outlets have reported that powerful narcotics were found in Jackson's rented Los Angeles mansion, but none have been confirmed. Toxicology results from an official autopsy are expected in about one month.

Acting mayor of Los Angeles Jan Perry initially told a local TV station Jackson's family would hold a private burial at the city's Forest Lawn cemetery today, but Perry later denied she had any information beyond what she had read or heard in the media.

REUTERS

Tobey Maguire names son after himself
Tobey Maguire has named his son after himself. The actor and his wife Jennifer Meyer confirmed their son — born on May 8 — is named Otis Tobias Maguire. FEMALEFIRST.CO.UK

DVD picks

Knowing
Director: Alex Proyas

NICHOLAS CAGE never seems to turn down anything, especially if it has a sci-fi or fantasy angle, but he at least has a talent for finding profitable and moderately diverting films, as the National Treasure series has amply verified.

It's much the same with Knowing, a Biblical doomsday thriller that did improbably good box office back in the spring, despite recycling the plots of about a dozen such apocalyptic pictures.

A 1959 prologue sets the clock ticking on an ominous set of predictions. Asked to contribute to a time capsule, a weird kid in a Boston-district school submits a list of numbers that apparently mean nothing, unless you watch a lot of spooky movies. Too bad the dog didn't eat her homework.

Flash forward to 2009, and the son (Chandler Canterbury) of MIT astrophysics professor John Koestler (Cage) finds the numbers and shows his dad, a skeptic by training and an atheist by conviction (he blames God for his wife's death).

Much to his shock and awe, John discovers the figures have added up to reveal not just tragedies of the past half century (9/11 among them), but more to come — including (insert drum roll) the end of the world. Can he do anything about it? At least he has a beautiful accomplice (Rose Byrne) to go crazy with.

Knowing works best for people who know their Bible and who have a high tolerance for cheesy special effects. This would include director Alex Proyas, whose indie flair with 1998's Dark City has yielded to profitable hackwork built around morality tales (I, Robot being another) and incendiary set pieces.

Good for a cottage video rental — and isn't that worth Knowing?

Peter Howell/ for Metro Canada

Entourage boys come back for sixth season

Many a Hollywood actor has managed to sustain a long-term career with little discernible talent, drive or effort. So too Entourage, the HBO series heading into its sixth season that, like its movie-star protagonist Vincent Chase (Adrian Grenier), coasts along on charm and little else.

Maybe what keeps Entourage so mystifyingly satisfying is the contact high delivered by its sumptuous depiction of luxe Los Angeles. Or maybe it's the easy chemistry of the featured quartet. No other show with so little to specifically recommend about it paradoxically commands such faithful viewing.

But if the first two episodes of the new season, which kicks off on July 12, are any indication, the show's staying power isn't attributable to its satirical edge. A reflection of the real-life recession-rocked entertainment industry Entourage isn't.

GETTY IMAGES

Some of the cast of the HBO show Entourage and executive producer Mark Wahlberg are seen here at Season 5's premiere. The show has been picked up for a sixth season as well.

Sure, Ari Gold (Jeremy Piven) is throwing stones all over the glass castle that is his Miller Gold Agency, but no more or less than usual. The worst he has to deal with is renewed begging from his long-suffering assistant, Lloyd (Rex Lee), for a promotion. And his new hire, Andrew Klein (Gary Cole), is bringing in plenty of clients but creating other problems, too.

Whatever elevated mercury levels thwarted Piven's theatre career last year on Speed the Plow show no lingering after-effects for the actor, who is as sharp as ever in the role he was born to play.

Chase certainly isn't feeling any stress either as he enjoys a comeback in the fictional Martin Scorsese film Gatsby. His biggest problem in the season premiere? Whether he should take his Aston Martin to the road test he has to take to get his driver's licence.

Which isn't to say Chase has suddenly broken free from the state of co-dependent arrested development with his boys. Eric (Kevin Connolly) is so enmeshed in this bro-mance he finds it difficult to rekindle his romance with Sloan (Emmanuelle Chriqui), though you would think he would just marry her to get away from the constant needling of Drama (Kevin Dillon) and Turtle (Jerry Ferrara).

It's more than a little bizarre to watch thirtysomething men being driven to panic at the prospect of their foursome being broken apart. But as much as this curious dynamic is begging for a homoerotic parody, it's truly the heart of the show.

REUTERS

In brief

RINGSIDE WWII The Weinstein Co. is stepping into the ring to promote Quentin Tarantino's upcoming Second World War picture Inglourious Basterds. The studio is partnering with mixed-martial-arts organization the Ultimate Fighting Championship, which will feature the movie at the UFC 100, a large-scale pay-per-view event set for Saturday in Las Vegas.

RINGSIDE WWII Add another party guest to the Saturday Night Live reunion taking place on the set of the comedy Grown Ups. Tim Meadows, a 10-year SNL alumnus, joins former colleagues Adam Sandler, Maya Rudolph, Rob Schneider, David Spade, Chris Rock, Norm Macdonald, Tim Herlihy and Colin Quinn in the cast of the Columbia picture about high school friends who get together 30 years after graduation.

REUTERS

GlobalStyle

Kenya Hunt
Read Kenya exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

7/7/09

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Undersea Exp.	Parks	The Best of The Agenda		North and South		*A Married Couple* (1969, Documentary)	
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Broken Bird"		The Office		NCIS	News
	-	-	5	SRC	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou	TJ Ontario
	209	342	6	CHRO	The Road to Avonlea		Monk Submarine death.		America's Got Talent (N)		Cupid (N)	Comedy Now
	196	311	7	CTV	Hollywood	Corner Gas	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU	News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National	Stampede
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Great American Road Trip (N)		America's Got Talent (N)		Law & Order: SVU	News (N)
	117	713	10	TVA	Qui perd gagne (SC)		Fort Boyard (SC)		Nos étés "Été 1952" (SC)		TVA 22 heures	Juste pour rire en direct
	-	-	11	QS	Catherine (SC)	Criss Angel	Lipstick Jungle (SC)		Génération séduction		Piégé Zézé	Le Sport Call TV
	137	763	12	TFO	Panorama été	Esprit	Sur la Piste de	Villages	*Un soir, un train* ★★ (1968, Drame)			Folie-aventure Esprit
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Broken Bird"		The Mentalist (HDTV)		(10:01) 48 Hours Mystery	Two/Half Men
	216	395	14	OMN2	Raymond	According-Jim	News (N)		News (N)		Two/Half Men	King Cold Case
	214	344	15	CITY	Law & Order: SVU		Privileged		Murdoch Mysteries (HDTV)		Make Me a Supermodel	News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill Metropia
	218	345	18	E!	The Insider (N)	E! News	Taking It Off		Better Off Ted	Rocker Moms	Ruby	Ruby News (N)
	-	361	20	ABC	News (N)	Entertainment	The Superstars (N)		Better Off Ted	Scrubs	Primetime: Family Secrets (N)	News (N)
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		La Maison Blanche: ses jardins et terrains		Podium	Heure polit.
	651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	*Legally Blonde 2: Red, White & Blonde* ★★ (2003, Comedy)				News (N)	News
	-	-	64	PBS	Business Rpt.	Primal Grill	Nova (DVS)		Nova scienceNOW (N)		P.O.V. "Life.Support.Music" (N)	
news	205	312	104	CTV	Hollywood	Corner Gas	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU	News (N)
	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		Playing the Machines	National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)	
sports	406	417	27	net	MMA Conn	UFC: Access	UFC Top 100 Fights		Soccer CONCACAF Gold Cup -- Canada vs. El Salvador. (Live)			Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National Le Téléjournal
	400	280	30	TSN	MLB Baseball Toronto Blue Jays at Tampa Bay Rays. (HDTV) (Live)						SportsCentre (HDTV) (Live)	
	410	403	52	SCR	Cabby Unlimit	Score Update	Poker		Poker		Score Tonight	Final Score
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Cycling Tour de France -- Stage 4. From Montpellier.					Cycling
family	417	406	59	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Drag Race	Drag Race Pimp My Ride
	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House Zack & Cody
	551	542	65	YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach	Mystery Hnt.
cable variety	570	580	29	MM	The Daily Fix		I'm a Celebrity... Get Me Out of Here!				Entourage	Gene Simmons Celebrity
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)	The Cleaner
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC's Ultimate 100		UFC's Ultimate 100		UFC 100 Countdown	Joe Rogan
	521	560	34	TLC	Say Yes-Dress	Cake Boss	Stager	Stager	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple 18 Kids-Count
	145	761	35	TV5	Dieux et démons		Secrets d'histoire			Montréal-urbanité		Montre-moi Journal TV5
	616	521	39	SHO	The Outer Limits		Painkiller Jane		*Time and Again* (2007, Drama) Brooke Burns.			House
	620	523	40	BVO	Montreal Jazz Festival		Live at the Rehearsal Hall		Opera Under the Stars		Rockabilly 514	Law & Order
	520	505	42	DIS	Daily Planet		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)	Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith Cheer Moms
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride	ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	*Scream* ★★★ (1996, Horror) Neve Campbell.			Steve Harvey
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Watchmen	Watchmen Stargate SG-1
	581	566	53	MTV	Fist of Zen	After	MTV News	Cribs	Super Sweet	Super Sweet	Run's House	Run's House MTV Live
	618	524	54	TROP	Power Play "Temptation"		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld Seinfeld
	522	506	55	HIS	NCIS "Jeopardy"		Lost Worlds		To Build a Nation		NCIS "Jeopardy"	Marine Mach.
	129	773	60	CD	Biographies (HDTV)		Cités sous surveillance (HDTV)		C'est incroyable!		Alliance meurtrière (HDTV)	Images-chocs
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		The Lost Gods	Search Poltergeist
	602	567	62	W	Style by Jury	Friends	Style by Jury	Style by Jury	Style by Jury	Style by Jury	*How I Married My High School Crush* (2007)	
	269	350	70	APTN	Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe	The Rez	Short Cuts (N) Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien	TMZ
	603	561	95	FN	Chef at Home	French Food	100 Mile Challenge		The F Word		Good Eats	Good Eats Iron Chef Am.

critics'corner

Legally Blonde 2: Red, White & Blonde
Reese Witherspoon returns as Elle Woods in this 2003 comedy sequel, which keeps the actress front and center when the script dips. Fired from a law firm for crusading against lab testing of animals, Elle takes her battle to Washington, D.C., where she teams with a congresswoman. 8 PM on 36 FOX

Law & Order: Special Victims Unit
When a girl is kidnapped, her mother points Detectives Benson and Stabler toward her recently paroled ex-husband, Geno Parnell. After his alibi checks out, the detectives find the trail leading them to a master thief who is the father of Geno's ex in "Snatched." 10 PM on 7 CTV 9 NBC 104 CTV

The Cleaner
William is hired to help a pregnant East Indian girl who is addicted to meth and whose father is forcing her to get married. He kidnaps the girl on her wedding day and decides to take her to his safe house for detox in the new episode "The Projectionist." 10 PM on 31 A&E

Pattinson not loving N.Y.

Filming in New York has not endeared the city or its women to Twilight star Robert Pattinson, who is said to be discouraged by the amount of attention he receives from his fans, popeater.com reports. "He's overwhelmed by all the girls — they terrify him," an insider says. METRO NEWS SERVICES

Celebrity Buzz

Who's the real Brüno?

INSPIRATIONS It looks like Brüno, Sacha Baron Cohen's over-the-top gay character, isn't as outrageous a fabrication as you may think, people.com reports. There's a debate raging in Austria right now over who the "real Brüno" could be, and there is not one but two contenders.

Alfons Haider is the front runner. A deliciously theatrical 51-year-old entertainer — actor, cabaret star, reality show host, singer — thinks the discussion is a hoot. "Aren't we a funny country? It's like there's no recession or other problems in the world. Here the press is worried about who the real Brüno is."

As for the resemblance with Cohen's creation, he tells People, "I only have four things in common with Brüno: I'm a man, an Austrian, I'm on television, and I'm gay — that's it."

He also has a theory about being Brüno's inspiration, adding, "Nine years ago, Sascha Baron Cohen studied in Austria for a year. Since I've done over 800 television shows in the past 15 years, I can't rule out the possibility that he may have seen one of my shows."

The only problem with Haider is he's not into fashion. Enter "Brüno" number two. Adi Weiss, a 33-year-old Vienna-based fashion journalist who, although still new to television, fits the rest of the bill.

Weiss is hardly as flamboyant as Brüno — he told People that he is "the most down-to-earth fashion journalist you'll ever meet."

METRO NEWS SERVICES

London calling Madonna

HOME RUN Madonna misses living in London — and regularly flies back to the U.K. so her adopted daughter Mercy can experience life in Britain, female-first.co.uk reports.

Though the star fled to New York following her divorce from second husband Guy Ritchie last year, she tries to split her time between the Big Apple and the British capital.

Since winning her appeal to adopt Malawian tot Mercy James, four, in May, the superstar singer has been trying to spend as much time in the U.K. as possible, insisting she still considers London her home.

She insists the regular visits to the city are good for her youngest child — because many of her London-based friends have children of similar ages to Mercy.

METRO NEWS SERVICES

Anniversary as Posh as it gets

ISLAND GETAWAY David Beckham has hired Thunderbirds' Tracy Island for his tenth wedding anniversary to wife Victoria, female-first.co.uk reports.

The soccer star has reportedly splashed out more than $200,000 to ensure he and the former Spice Girl are the only people on the idyllic North Island in the Seychelles — which featured in the 2004 film adaptation of the puppet TV series Thunderbirds.

A source said: "David and Victoria appear so in love. They have gone on lots of romantic walks, holding hands like a couple of newlyweds."

The 34-year-old sportsman has hired a private chef and a team of 20 staff members to look after Victoria and himself during their stay.

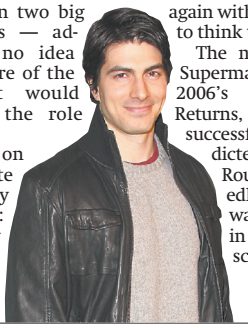
METRO NEWS SERVICES

'Superman' out of contract

DONE DEAL Brandon Routh is no longer contracted to play Superman, female-first.co.uk reports. The actor — who has portrayed journalist Clark Kent and his alter ego in two big screen outings — admits he has no idea about the future of the franchise but would love to play the role again.

He is quoted on the website Think McFly Think as saying: "Do not know anything. I'm sure that Warner Bros. is moving there, but everything is still uncertain. Really, I do not know anything.

"My contract has expired. But if they call me, I'd go back to the character again without having to think twice."



The most recent Superman movie, 2006's Superman Returns, was not as successful as predicted and Routh reportedly thinks it was lacking in action scenes.

METRO NEWS SERVICES

Miley single and loving it

TWEET SPOT It looks like Miley Cyrus and Nick Jonas are not dating after all, popeater.com reports. The Hannah Montana star took to her Twitter page to announce her love of the single life and to ask the Almighty to find her the perfect dude.

METRO NEWS SERVICES

Fergie hubby hits the stripper pole

WILD GIFT Josh Duhamel and Fergie received some very interesting wedding presents, the actor admits. The oddest of all? A stripper pole for their home. "I've played on the pole more than she has," Duhamel says. METRO NEWS SERVICES

Chaz wants sex change on TV

REALITY CHECK After announcing her intentions to undergo gender reassignment surgery, Chaz Bono, formerly known as Chastity, is reportedly fielding offers from producers to document the transformation for a reality TV show.

"Chaz is adamant about recording her sexual identity struggles and her transition from female to male," a source tells the National Enquirer. But it's reportedly something her mom, Cher, can't get behind. "Cher was shocked," another source says.

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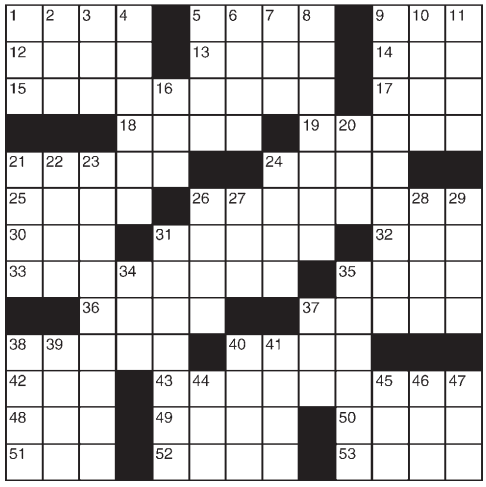

Crossword across

1 Parks or Bonheur
5 Chess piece
9 Dandy
12 Sleeping
13 Conception
14 White House nickname
15 Big-bucks specialist
17 Pinch
18 Heart of the matter
19 Holds sway
21 Add on
24 Mrs. Dithers in the comics
25 Advertising award
26 Presentations
30 Sun shade?
31 On all — (crawling)
32 Anonymous John
33 Cheap ride section
35 Carriage
36 "Star —"
37 Stash a lot
38 Crouch
40 Hoodlum
42 Triumphed
43 A little pointer?
48 Mimic
49 Russian river
50 Killer whale
51 Third degree?
52 Tardy
53 Spud's buds

Crossword down

1 U.K. fliers
2 Kimono closer
3 Rep.'s counterpart
4 At a slow tempo
5 Snapshots
6 Mine entrance
7 Tiny
8 NYC's Verrazano-— Bridge
9 Vodka brand or Sibelius work
10 Tom Joad, e.g.
11 Energizes, with "up"
16 Kibosh
20 Spoonbender Geller
21 Performs
22 Level
23 Tweaked
24 Heart
26 Drench
27 Embrace
28 No stay-at-home
29 Transmit
31 Worrisome
34 Historic time
35 Fifth president
37 Weeding tool
38 Trade
39 19th Hebrew letter
40 Summertime pest
41 Look lasciviously
44 Playwright Levin
45 Take a whack at
46 Lemieux milieu
47 — de deux

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9			5			6	
		7	4		2	8		
3								1
7		1				5		8
			2		5			
6		9				4		7
9								5
		3	6		9	7		
	8			4			1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	2	7	9	8	3	4	1	6
4	9	3	5	1	6	7	8	2
8	6	1	7	4	2	5	3	9
9	7	6	8	2	5	3	4	1
2	8	5	4	3	1	6	9	7
3	1	4	6	7	9	2	5	8
7	4	9	2	5	8	1	6	3
1	5	8	3	6	7	9	2	4
6	3	2	1	9	4	8	7	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Leek and Cheddar Cheese Tart

INGREDIENTS:
7–8 slim leeks, about 2 lb (1 kg) in total
Salt and black pepper
1/2 lb (250 g) fresh puff pastry
1 tbsp (15 ml) Dijon mustard
1 medium egg
3/4 cup (175 ml) cheddar cheese

METHOD:
1. Preheat oven to 450°F (230°C). Put kettle of water on to boil.
2. Trim leeks to length of about 7 in. (18 cm) and rinse them. Arrange in single layer in wide frying pan, pour on boiling water from kettle, add pinch of salt, return to boil, reduce heat, and simmer, covered, 6–8 minutes.
3. While leeks cook, roll out puff pastry on lightly floured surface to 10 in. (25 cm) square, then transfer pastry square onto baking sheet.
4. Cut 1/2 in. (1 cm) strip of pastry from each of four sides. Dampen area around edge of square with water and trim pastry strips to fit flat on top of dampened edges, so that they look like picture frame; press lightly into place.
5. Drain leeks and cool under cold running water. Drain again, then wrap in folded dish cloth and press gently to remove remaining moisture.
6. Arrange leeks inside pastry case and brush with mustard. Break egg into small bowl and beat lightly, then brush border of tart with beaten egg. Grate cheddar cheese and spread evenly over top of leeks.
7. Bake on top rack of oven for 15 minutes, or until pastry is risen and golden and cheese has melted and is bubbling. Remove from oven and cut into quarters with serrated-edged knife. Serve hot or warm.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
You may not be able to control the way other people behave but you can control the way you react to their antics.

TAURUS
APRIL 21-MAY 21
It might be wise to keep your suspicions to yourself today, no matter how much you want to confront someone with the evidence you have uncovered.

GEMINI
MAY 22-JUNE 21
What seems like such a good money-making idea now may turn out to be the opposite later on, so err on the side of caution today.

CANCER
JUNE 22-JULY 22
A lunar eclipse in your opposite sign of Capricorn means you won't get any sense out of partners and loved ones today.

LEO
JULY 23-AUG 23
It would appear that a deadline of some sort is putting you under intolerable pressure. Either find an easier path or forget about it altogether.

VIRGO
AUG 24-SEPT 22
You have so much potential but there is a danger that today's eclipse could tempt you to overreach yourself.

LIBRA
SEPT 23-OCT 23
Disruption of some sort is inevitable today but it must not be allowed to deflect you from the objectives you are pursuing.

SCORPIO
OCT 24-NOV 22
A plan made on the spur of the moment today is unlikely to work out the way you envisaged, so don't be too eager to push ahead with it.

SAGITTARIUS
NOV 23-DEC 21
It may seem as if you have gone as far as you can towards your goal and you may be tempted to give up once and for all, but don't be hasty.

CAPRICORN
DEC 22-JAN 20
The lunar eclipse in your sign will make you rather emotional today, but that's not necessarily such a bad thing. Let it all out once in a while.

AQUARIUS
JAN 21-FEB 18
It may feel as if events are running away and that may in fact be true, but why should it worry you? Sit back and enjoy the ride.

PISCES
FEB 19-MARCH 20
You will have to choose between working with others and giving up some of your aims, or going it alone but without the support that teamwork brings.

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BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Be in debt to actor Russell (1)
2. Slightly wet 44-cent postage (1)
3. Gander liquid (1)
4. Is unable to intone "om" (1)
5. More slick-talking liar (2)
6. Teacher retirement money stress (2)
7. Braggart's "roller" rides (2)

ANSWERS
1. OWE CROWE 2. DAMP STAMP 3. GOOSE JUICE 4. CAN'T CHANT
5. GLIBBER FIBBER 6. PENSION TENSION 7. BOASTERS COASTERS

7-7-09

This day in history

JULY 7, 1456: A retrial verdict acquits Joan of Arc of heresy 25 years after her death.
JULY 7, 1534: European colonization of the Americas: First known exchange between Europeans and natives of the Gulf of St. Lawrence, in New Brunswick.
JULY 7, 1863: United States begins first military draft; exemptions cost $100.
JULY 7, 1928: Sliced bread is sold for the first time by the Chillicothe Baking Company of Chillicothe, Missouri. It is described as "the greatest forward step in the baking industry since bread was wrapped."

METRO NEWS SERVICES

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Sept. 6 - 13 • 1 wk.
$629
Taxes & fees: $295

Liberia, Costa Rica via Toronto
Allegro Papagayo • 3 1/2 ★
All-Inclusive • Superior rm.
July 11, 18 & 25 • 1 wk.
$849
Taxes & fees: $205
Departure tax: 26 USD cash, paid locally.

Cayo Coco / Cayo Guillermo via Toronto
TRYP Cayo Coco • 4 ★
All-Inclusive • Standard rm.
Aug. 1 - 22 • 1 wk.
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Taxes & fees: $229
Departure tax: 25 CUC cash, paid locally.

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